

Athletes must declare their intention to compete at least 60mins before the scheduled start time of their event.				
Track				
Event No.	Time	Event	Age Group	Round
01	11:00	400m Hurdles	U18 / U20 / Senior Men	
02	11:07	400m Hurdles	U18 / U20 / Senior Women	
03	11:15	800m	Women	
04	11:20	800m	Men	
05	11:30	100m	Women	
06	11:46	100m	Men	
07	12:16	100m Frame Runner/Wheelchair	Men / Women	
08	12:21	5000m	Men / Women	
09	12:41	110m Hurdles	U20 / U18 Men	
10	12:46	100m Hurdles	Sen / U20 Women	
11	12:51	100m Hurdles	U18 Women	
12	13:00	4x400m	U18 Mixed	
13	13:10	4x400m	Senior Mixed	
14	13:20	2000m SC	U20 / Senior Men	
Lunch				
15	14:30	200m	Women	
16	14:50	200m	Men	
17	15:10	2000m SC	Women/ Masters Men	
18	15:35	1500m	Women	
19	15:45	1500m	Men	
20	15:55	400m Frame Runner/Wheelchair	Men / Women	
21	16:05	400m	Women	
22	16:15	400m	Men	
Field				
Event No.	Time	Event	Age Group	Info
23	11:00	Hammer	Women / Men	
24	11:00	Long Jump	Women	
25	11:00	Seated Javelin/Shot	Men	
26	12:30	Long Jump	Men	
27	12:30	Discus	Men / Women	
28	12:30	High Jump	Women	
29	13:45	High Jump	Men	
30	13:45	Shot Put	Men	
31	14:30	Triple Jump	Men / Women	9m/11m/13m
32	14:30	Shot Put	Women	
33	14:30	Javelin	Men / Women	
34	14:30	Seated Club/Discus	Men / Women	
Throws and Horizontal Jumps: Minimum 2 Warm Up and 6 Competition Trials				